



# FOOD BANK

Thanks to all those who have donated goods to the Food Bank. If you know of someone you wish to give a food parcel to, please call the office. We have boxes already made up but we can make up a parcel according to the needs of the person receiving the parcel. Here is a list of goods you may want to donate:

- Pasta sauces
- Pasta
- Muesli bars
- Cereal
- Rice Noodles
- Flour
- Rice Risotto
- Sugar
- Oil
- Peanut butter
- Vegemite
- Jam
- Baked beans
- Tea
- Spaghetti
- Coffee
- Creamed corn
- Jam
- Biscuits
- Tins / packet soups
- Toilet rolls
- Soap
- Shampoo
- Toothpaste
- Toothbrushes
- Laundry powder
- Sanitary pads
- Sanitary tampons
- Long-life Milk
- Milo

# Day of Giving

Next Sunday 24 March we will be holding a 'Day of Giving,' when we are asking you (again) for money for our new hall.

Additional costs have increased more than we were initially advised and we are looking at a shortfall of \$180,000.

Funding applications are underway, however these cannot be relied upon to cover our deficit.

Pledge Cards are in this week's Parish News.

Please give this request your prayerful consideration and return your card next Sunday.

***Together we can make it happen!***



# You're Legends!

1.00pm Thursday 21 March  
St Barnabas Church Stoke

*Be energised, exercised, entertained and educated  
about strength and balance with Abbe West*

Afternoon tea provided



A Ticking the Boxes Seminar

## POSITIVE AGEING EXPO

Friday 22 March 2019 • 10.00 am – 3.00 pm  
Headingly Centre, Richmond



### FREE ENTRY AND TRANSPORT!

Free shuttle leaves every half hour from 9.30am to 1.30pm at the NBus Richmond stop outside Richmond Police station.

Come by bike and get your bike checked.

Over 80 stalls of community groups and service providers, including:

- Health checks
- Have-a-go activities
- Housing
- Community activities
- Demonstrations
- and much more

There's something for everyone!



Supported by the Nelson Tasman Positive Ageing Forum

